

GLOSSARY

Arthritis - The inflammation of joints.

Autism - Disorder indicated by impairments in social interactions, verbal and nonverbal communication, and in activities requiring creativity. Individuals with autism have a tendency to engage in repetitive behavior and/or movements, and can seem socially withdrawn by appearing to be self-absorbed.

Bipolar Disorder (Manic-Depressive Illness) - A mood disorder in which individuals "swing" between manic (or "high") phases/episodes and depression. In some cases cognitive functioning is severely impaired and psychosis may be present. This illness has a highly hereditary correlation. Risk of suicide is extremely high during periods of depression. Mood stabilizing medications are available.

Cerebral Palsy (CP) - A chronic neurological disorder of movement and posture which is not hereditary, contagious or progressive. It is caused by a defect or lesion of the immature brain and accompanied by associated dysfunction.

Congenital - An occurrence that originates from birth. A person with a congenital disability is one who was born with a specific disability as opposed to acquiring the disability later in life.

Continuum of Service - Offering services at every level, from a safe, protective, non-integrated environment to a totally inclusive integrated setting in the community which promotes opportunities for individuals with disabilities to choose their level of recreation participation.

Developmental Disability - A general term that is used to describe congenital disabilities, also known as a developmental delay. An individual with a developmental disability will usually have poor social skills, lower intellectual functioning, and poor self-care skills. The chronological age of someone with a developmental disability is not congruent with his or her mental age. Persons with developmental disabilities usually require assistance in daily needs and tasks and cues for appropriate social interaction.

Dissociative Disorders - Occur as a result of severe recurring trauma, usually physical, emotional and/or sexual abuse originating in childhood. Dissociative disorders may involve amnesia or the ability to recall important personal information, physical and/or emotional numbness, psychosomatic symptoms, and depressed mood and affect. The most extreme variation of dissociation is Dissociative Identity Disorder (formerly Multiple Personality Disorder) which is characterized by the presence of two or more distinct identities or personality states that recurrently take control of the individual's behavior, and are accompanied by amnesia about the event(s).

Down's Syndrome - A congenital form of mental retardation that is characterized by several physical characteristics, including: upward-slanting eyes, small mouth, teeth, and prominent ears, shorter neck, small hands and fingers, and a flat facial profile. Individuals with down's syndrome have remedial thought patterns and can be stubborn, needing simple instructions, reminders of appropriate social interaction, and minimal to moderate supervision in daily tasks.

Hearing Impairment - Individuals whose ability to hear has decreased to a degree that is noticeable by others as well as themselves.

Deaf/deafness - means a severe impairment or a total lack of hearing.

Hard of Hearing - means enough hearing so that speech can be at least partly heard.

Inclusion - Practice of including people with disabilities into public settings. Inclusion provides people with disabilities opportunities to participate in appropriate programs geared to their abilities and needs with support and assistance as needed to ensure success.

Integration - Individuals with disabilities are participating in the same settings as their non-disabled peers.

Limb Deficiencies (Amputations) - This disability involves the absence of arms and legs.

Major Depressive Disorder - Occurs without any manic episodes. Mortality is high (15%) from suicide. Onset can be any time, but may increase after age 55. Symptoms include depressed mood, feeling of hopelessness, helplessness, low self-esteem, and self-deprecating thoughts. A single episode may occur, or the depression can be recurring. Some types of include catatonic, melancholic and post-partum. Anti-depressant medications are prescribed.

Mental Retardation - A broad term that describes individuals with a form of developmental disability, characterized by poor social interaction, lack of inhibition, and lower intellectual functioning. Degrees of severity include one of four categories: mild, moderate, severe, and profound. Individuals with mental retardation require assistance in daily tasks and cues for appropriate social interaction.

Muscular Dystrophy - Group of genetically determined conditions in which progressive muscular weakness is attributed to pathological, biochemical and electrical changes that occur in the muscle fibers.

Multiple Sclerosis - Progressive neurological disorder which is caused by the disintegration of myelin covers of nerve fibers throughout the body.

Multi-Service Center - A large, forty thousand square foot facility located in each council district, providing core recreation and neighborhood services to all community members.

Obsessive-Compulsive Disorder - Includes obsessions which are persistent and/or intrusive, often inappropriate ideas or thoughts that cause significant anxiety or distress, and compulsions which are repetitive behaviors (such as hand-washing, counting, checking things), which are enacted in an attempt to reduce the anxiety or distress, but provide no pleasure or gratification.

Orthopedic Impairments - Wide range of disabilities which affect a person's performance.

Panic Disorder - Characterized by panic attacks and fearful anticipation about having future panic attacks. Panic attacks include increased heartrate, shortness of breath, profuse sweating, and thought disturbances such as morbid or fearful thoughts. Individuals may develop phobias and/or avoid situations they fear will cause panic.

Post Traumatic Stress Disorder (PTSD) - The essential feature of PTSD is formation or development of symptoms following exposure to an extreme traumatic experience that involves actual or threatened death or serious injury. These events may include natural or manmade disasters (earthquakes, fire, etc.), violent personal assault (rape, mugging, kidnapping, torture, terrorist attack), military combat, severe automobile accident, or being diagnosed with a life-threatening illness. The individual responds with intense fear, helplessness, or horror. Symptoms include "flashbacks" (the persistent reexperiencing of the traumatic event), persistent avoidance of situations associated with the trauma, and increased physical and emotional arousal (similar to panic disorder symptoms).

Reverse Mainstreaming - The integration of general public into environments of individuals with disabilities.

Schizoaffective Disorder - Involves a disturbance in which the symptoms of a mood disturbance such as major depression and/or bipolar disorder are concurrent with symptoms of schizophrenia.

Schizophrenia - The onset is often in the late teens or twenties. Characteristics or symptoms include visual and/or auditory hallucinations, disruptions in the language and communication and delusional thinking. Affect and behavior are usually affected and distinctive of the illness. Anti-psychotic medications help reduce symptoms and stabilize the individual. Types include paranoid, catatonic, disorganized.

Spina Bifida - Congenital defect of the spinal column caused by failure of the neural arch of a vertebra to properly develop and enclose the spinal cord.

Spinal Cord Injury (SCI) - Injury to the spinal cord when the bones of the spine are fractured, dislocated or move excessively.

Stroke (Cerebrovascular accident or disease) - Sudden onset of neurological impairment caused by blockage or hemorrhage of blood vessel in or near the brain. The impairment affects awareness, motor, speech, perception, memory and cognition.

Traumatic Brain Injury (TBI) - Permanent damage caused by concussion, contusion, or hemorrhage sustained in vehicular accidents, assaults, falls and other kinds of trauma.

Visual Impairment - A term used to describe individuals with decreased, reduced or loss of vision. Visual impairments can be divided into two categories:

Legally Blind: individual either has a vision of 20/200 or less(20/200 means seeing at 20 feet what normally-sighted individuals can see at 200 feet) , even with the help of glasses, or the peripheral (or side) vision is severely limited.

Low Vision: can see better than the legally blind, but the vision is very blurry.
Low vision is defined as better than 20/200 in the better eye, even with glasses.